

FREE PEER-TO-PEER EDUCATION PROGRAM

Call for Free Fall Courses!



Are you living well?

This course may be for you.

Peer-to-Peer Recovery Education Course is a unique program for persons with any serious mental illness (such as bipolar disorder, schizophrenia, anxiety disorder and major depression) who are interested in establishing and maintaining wellness and recovery.

The course consists of 10 weekly two-hour sessions and is taught by 2 mentors who have personal experience living well with mental illness.

Combining lecture, interactive exercises and structured group processes, participants share common experiences. They discuss topics such as: taking care of yourself emotionally, physically and spiritually; coping strategies; creating a relapse prevention plan and more.

For more information and to pre-register, please call 410-435-2600.



**Metropolitan
Baltimore**

NAMI Metropolitan Baltimore empowers individuals with mental illness, their families, and communities through support, education, and advocacy.

5210 York Road, Baltimore, MD 21212 | P: 410-435-2600 | F: 410-435-0355
www.namibaltimore.org | info@namibaltimore.org